



## Discover your Raleigh Parks and Recreation Department

### **Lions Park Programming**

Fall 2010 (September-December)

#### **Cardio Fitness Workout Class**

**When:** Every Friday (7:30 PM- 8:30 PM)

**Cost:** \$20 monthly membership (Non Tae Kwon Do participants)  
\$12 monthly membership (Tae Kwon Do participants)

**Age:** 18 & over

Come work out with Mr. Bruce. This intense yet fun workout is meant for those who inspire to get in shape. The class offers a fun and exciting way for participants to learn extensive techniques on how to train and shape your body.

#### **Weight Room Membership**

**When:** Monday-Sunday (during center operating hours)

**Cost:** \$12 monthly membership

**Age:** Minimum 16 years old with parent consent (signed registration form) or adult over the age of 18 years old.

Utilize our weight room to get your own personal workout. Our weight room is equipped with a treadmill, free weights set, stationary bike machine, and weight machine. The weight room is available anytime that the center is open for business.

#### **Tae Kwon Do**

**When:** Tuesday & Thursday Evenings (6:30PM-8:00PM)

**Cost:** \$35 (City Residents-Monthly Membership)  
\$45 (Non Residents-Monthly Membership)

**Age:** 7 & Older

Mr. Bruce, our trained Tae Kwon Do instructor, will teach you basic martial arts techniques that will be sure to keep you active and make you burn those calories.

#### **Kinder Tae Kwon Do**

**When:** Thursday Evenings (6:30 PM-7:30PM)

**Cost:** \$25 Resident (Monthly Membership)  
\$35 Non Resident (Monthly Membership)

**Age:** 4-6

An extension of our Adult Tae Kwon Do class, this class is especially meant to get younger kids involved. Mr. Bruce, our trained Tae Kwon Do instructor, will teach you and your child basic Tae Kwon Do and martial arts techniques that are sure to keep you active and make you sweat those pounds away.



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### **Little Holiday Creations**

**When:** Wednesday, November 17 or Wednesday, December 15

**Cost:** \$5.00 per class session

**Age:** 3-5

Come out and make the perfect gift for the holidays! Children will make holiday crafts. Parents are encouraged to join in on the fun.

### **Special Note**

**\* For more information regarding our programming please contact the Lions Park office staff at (919) 831-6995.**